
FOR IMMEDIATE RELEASE

September 23, 1976

Founder of Integral Yoga Institutes at Concordia

Sri Swami Satchidananda, world-renowned exponent of Yoga and founder of the Integral Yoga Institutes, will speak at Concordia University on Saturday, October 2nd at 8 pm, in room H-110 of the Hall Building at 1455 de Maisonneuve West. Admission is free.

Integral Yoga is a scientific integration of the various branches of Yoga designed to bring about a complete and harmonious development of the individual: physical, emotional, intellectual, and spiritual. In his ten years in the United States, Sri Swamiji has inspired the founding of a number of Integral Yoga Institutes as well as the Satchidananda Ashram, located in the Connecticut countryside. The Ashram is based on the Swami's vision of 'Yogaville' - a model community based on Yoga principles and practices - and is considered the 'mother house' of all the Integral Yoga centers.

Sri Swami Satchidananda's evening at Concordia is sponsored by the Religion Society of Concordia University and the Montreal Integral Yoga Institute.

- 30 -

Lilian Goetze
Asst. Information Officer